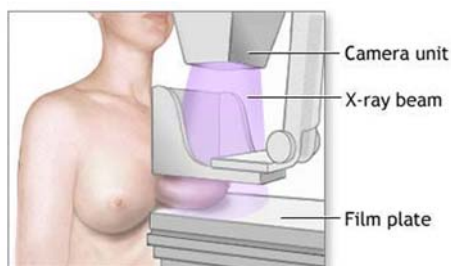


Utah Cancer Control Program

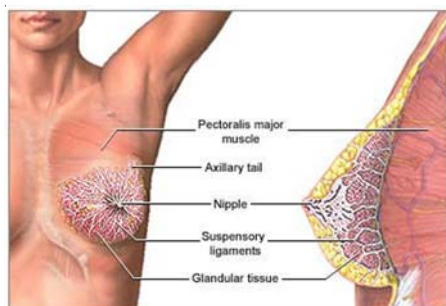
Mammogram Fact Sheet



In mammography, each breast is compressed horizontally, then obliquely and an x-ray is taken of each position

ADAM

Mammography is a low-powered x-ray technique that gives a picture of the internal structure of the breast. A mammogram may help in the diagnosis of breast problems including cancer. It is recommended a woman have a baseline mammogram at age 35, and at age 40 a woman should have a mammogram every year.



ADAM

ABOUT MAMMOGRAMS

Mamography is especially valuable as an early detection tool because it can identify breast cancer at an early stage, usually before physical symptoms develop. Numerous studies have shown that early detection saves lives and increases treatment options.

The declines in breast cancer deaths have been attributed, to the regular use of screening mammography. The American Cancer Society recommends women age 40 and older have an annual mammogram, an annual clinical breast examination by a health care professional (before the scheduled mammogram), and perform monthly breast self-examination. Women ages 20-39 should have a clinical breast examination by a health care professional every three years and should perform breast self-examination monthly.

How the test is performed:

You will be asked to undress from the waist up and will be given a gown to wear. Depending on the type of equipment used, you will sit or stand. One breast at a time is rested on a flat surface that contains the X-ray plate, and a device called a compressor will be pressed firmly against the breast to help flatten out the breast tissue. The X-ray pictures are taken from several angles. You may be asked to hold your breath while the picture is taken.

How to prepare for the test:

Deodorant, perfume, powders and ointments under the arms or on the breasts may cause the pictures to be obscured and should not be worn the day of the mammogram. Remove all jewelry from the neck. Notify your health care provider (and/or the radiologist) if you are pregnant or breast-feeding.